

LOONEY'S LOST VOICES
The "Lonest/Lone/Looney" nickname, which "underlines" names in Casey West is not how "looney" has been used in the past. In fact, it's a new word, and it's a new word, and it's a new word.

TUESDAY, MAY 10, 2005

'ALA YORAC'?

Palace denies telling Señeres to quit post; surprise call bared

By Jerome Aring and Nikko Dixon

MALACAÑANG never asked National Labor Relations Commission chair Roy Señeres to resign and he is free to take to court the issue of the Department of Labor and Employment's administrative takeover of the NLRC.

DOLE Secretary Patricia Sto. Tomas said as much yesterday even as Señeres reiterated he was staying put at his post and continued to assail President Macapagal-Arroyo's order for him to give up administrative control of the NLRC.

"Who ever said that? Malacañang never said that. It was he who said that he was asked to resign. He has never been asked to resign, never. So I don't know what the fuss is all about," Sto. Tomas told reporters in an ambush interview during the 23rd anniversary rites of the Overseas Workers Welfare Administration.

Asked about Señeres' threat to take the issue to court, Sto. Tomas replied: "Let him."

Señeres, meanwhile, revealed yesterday that he received a surprise call from someone he described as a "Malacañang emissary" on May 3.

"He asked me if I was going to resign," Señeres told the *INQUIRER* in an interview yesterday.

"I replied: 'Wala akong balak mag-resign, pare (I don't have any plans of resigning, friend).'"

Señeres identified the caller as an official in the Arroyo administration but declined to give his name.

He said he received the call the day before the *INQUIRER* reported that President Arroyo had raised her suspicion that he was behind destabilization efforts against her administration and was even soliciting support from the United States Embassy.

Señeres said the call surprised him because he had not spoken

to the official for quite some time.

"Ala Haydee Yorac," was how Señeres described the call.

Yorac had admitted Malacañang had pressured her into resigning as chair of the Presidential Commission on Good Government.

Señeres said he felt the call was "exploratory"—to see if he would resign.

He said that after the usual greetings, the official asked how he was doing at the NLRC and if he would be interested in joining politics.

The official then advised Señeres not to say anything libelous if he was going to criticize the President.

"To me, this statement sounded like a warning," Señeres said.

Later that day, Señeres said, Sto. Tomas called him up and asked him not to resign as NLRC chair.

The President first confronted Señeres about the alleged destabilization plot on April 5, her birthday, in Malacañang.

She repeated the allegation on April 26 in a meeting with labor leaders.

On May 1, Labor Day, the President announced that she was transferring the NLRC chair's administrative powers to the labor secretary.

"In retrospect, maybe her [Sto. Tomas'] call was reverse psychology because she told me that whether I liked it or not, she was going to implement the President's order," Señeres said.

Señeres has repeatedly denied being part of a destabilization plot against Ms. Arroyo.

He suspects a certain group is out to discredit him before the President.

"They are implying that I want to be labor secretary but I am not after Secretary Sto. Tomas' job," he said.

Erap lawyers present 'surprised' witness

By Nelson F. Flores

A DEFENSE lawyer in the plunder trial of deposed President Joseph Estrada yesterday pulled a surprise when he called the head of the government's prosecution panel as a witness.

Jose Flaminiano's attempt to present Special Prosecutor Dennis Villa-Ignacio as the defense's 36th witness surprised everyone in the Sandiganbayan courtroom and caused the early suspension of the proceedings.

It also led to an emergency meeting in chambers between the justices of the anti-graft court's special division, Flaminiano and Villa-Ignacio in which the court directed both the defense and prosecution panels to submit their respective positions on the matter within 10 days.

The special division presided over by Justice Teresita de Castro was created for the sole purpose of trying Estrada's plunder and perjury cases. The other members of the division are Justices Diosdado Peralta and Francisco Villaruz, with Justice Rodolfo Ponferrada as an alternate.

Flaminiano told the court he wanted to call Villa-Ignacio as a witness because the prosecution panel had violated the Constitutional rights of Estrada to due process and equal protection of the law. He also defended his action by saying the defense panel can "present any witness" deemed important to the defense of its client.

He said the continued failure of the prosecution to file charges against the numerous "John and Jane Does" implicated in the plunder suit against his client, despite their being named in court by Ilocos Sur Gov. Luis "Chavit" Singson, showed that Estrada was a victim of "selective prosecution."

A visibly surprised and irked Villa-Ignacio told reporters after the chamber conference that Flaminiano's act was a desperate move. He said it was obvious the defense panel had run out of witnesses.

Villa-Ignacio said that if the defense lawyers truly believed the prosecution panel had violated the Constitutional rights of their client they should file the appropriate charges.

"Their act is obviously a dilatory move. They don't have any witness to present so they are now presenting us, prosecution lawyers, to save the day for them," Villa-Ignacio said.

Defense lawyer Rene Saguisag, meanwhile, asked the Sandiganbayan last Friday to rule on a motion seeking an ocular inspection of Estrada's home in San Juan to debunk Singson's claim that he had delivered, through Charlie "Atong" Ang, an Estrada cronie, P130 million in cash from tobacco excise taxes to the former President.

Students in Cebu school learn about planets from Nasa

By Royal L. Ho

MANILA (AP) — Students in a Cebu school are learning about the solar system from a NASA video.

The students of the school, who are in the first grade, are learning about the planets from a video that was made by NASA.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.



Students in a Cebu school are learning about the solar system from a NASA video. (AP Photo/Philippine Daily Inquirer)

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

Continued

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The video is part of a series of videos that NASA has made about the solar system.

The Daily Gospel



Matthew 24:1-14

Matthew

Matthew

Matthew 24:1-14

Matthew 24:1-14

Matthew 24:1-14

Supreme Court Doctrines



Supreme Court Doctrines

Jeepney fare up by P2

Jeepney fare up by P2
The 2006 jeepney fare will be P2.00, up from P1.50, starting from March 1, 2006, according to the Department of Transportation (DOTr).
The DOTr said that the increase in fare is due to the increase in the cost of diesel fuel, which is the main source of power for jeepneys.
The DOTr said that the increase in fare is also due to the increase in the cost of maintenance and repair of jeepneys.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.

Pressing? Jeepney

The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.



In this composite picture, jeepney drivers and passengers are seen in a jeepney. The jeepney is a common mode of public transport in the Philippines.

and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.

Special fare

The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.

The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.

The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.

The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.

Jeepney

The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.
The DOTr said that the increase in fare is also due to the increase in the cost of insurance and other expenses.

GMA hikes off to Palawan

By GMA News

MANILA—GMA Network Inc. has announced that it will be moving its operations to Palawan, a province in the northern part of Luzon. The network said that the move is part of its expansion strategy to reach more viewers in the region. The network said that it will be moving its operations to Palawan in the next few months. The network said that it will be moving its operations to Palawan in the next few months.

Compromise bill allows GMA to hike VAT rate

MANILA—A compromise bill has been passed by the House of Representatives, allowing GMA Network Inc. to hike its value-added tax (VAT) rate. The bill was passed by a vote of 235 to 10. The bill allows GMA to hike its VAT rate from 12% to 15%.

Unpopularity

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%. The bill allows GMA to hike its VAT rate from 12% to 15%.

RP graduates discover gold mine in call centers

MANILA—A group of Philippine graduates has discovered a gold mine in the call center industry. The group, which consists of graduates from various universities, has found that the call center industry is a highly profitable sector. The group has found that the call center industry is a highly profitable sector.

The group, which consists of graduates from various universities, has found that the call center industry is a highly profitable sector. The group has found that the call center industry is a highly profitable sector.

The group, which consists of graduates from various universities, has found that the call center industry is a highly profitable sector. The group has found that the call center industry is a highly profitable sector.

The group, which consists of graduates from various universities, has found that the call center industry is a highly profitable sector. The group has found that the call center industry is a highly profitable sector.

The group, which consists of graduates from various universities, has found that the call center industry is a highly profitable sector. The group has found that the call center industry is a highly profitable sector.

The group, which consists of graduates from various universities, has found that the call center industry is a highly profitable sector. The group has found that the call center industry is a highly profitable sector.

Ex-CHED chair slams Palace, Congress

CHED chair slams Palace, Congress
 The Commission on Higher Education (CHED) chair, Dr. Jose L. Almonte, has slammed the Executive and Legislative branches of the government for their inaction in addressing the problems of the higher education sector.

Public school system
 He said that the public school system is in a state of neglect and that the government should take steps to improve it. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Higher education

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Higher education

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Higher education

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Higher education

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Higher education

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Retired bishop says ...

Retired Bishop of Cebu, Jose L. Almonte, has said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Only P5.5M for sidewalk ...

The City of Manila has allocated only P5.5 million for the construction of a sidewalk along the EDSA corridor. This has caused controversy among residents and officials who believe that the amount is insufficient for the project.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

The City of Manila has allocated only P5.5 million for the construction of a sidewalk along the EDSA corridor. This has caused controversy among residents and officials who believe that the amount is insufficient for the project.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.



Manila's EDSA corridor sidewalk project is under construction.

The City of Manila has allocated only P5.5 million for the construction of a sidewalk along the EDSA corridor. This has caused controversy among residents and officials who believe that the amount is insufficient for the project.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

Department of Education
 Division Office - Manila
 Office of the Division Superintendent

The Department of Education, Division Office - Manila, is pleased to announce that it has received a grant from the Department of Education, Office of the Secretary, for the construction of a sidewalk along the EDSA corridor.

- 1. The grant will be used for the construction of a sidewalk along the EDSA corridor.
- 2. The grant will also be used for the purchase of materials and equipment for the project.
- 3. The grant will be used for the payment of salaries and benefits of the project staff.
- 4. The grant will be used for the payment of other expenses related to the project.
- 5. The grant will be used for the payment of other expenses related to the project.

Deadline: May 15, 1998. **Time:** 9:00 AM - 5:00 PM.
Address: Department of Education, Division Office - Manila, Office of the Division Superintendent.

For more information, please contact: Mr. [Name], [Phone Number], [Address].
For application, please contact: Mr. [Name], [Phone Number], [Address].

Drivers renewing licenses ...

The Department of Transportation (DOTr) is reminding drivers to renew their licenses before they expire. Drivers who fail to renew their licenses may face penalties and their vehicles may be impounded.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

The Department of Transportation (DOTr) is reminding drivers to renew their licenses before they expire. Drivers who fail to renew their licenses may face penalties and their vehicles may be impounded.

Public school system

Almonte said that the government should take steps to improve the public school system and that it should also increase funding for higher education. He also criticized the lack of funding for higher education and the inefficiency of the government's management of the sector.

The Department of Transportation (DOTr) is reminding drivers to renew their licenses before they expire. Drivers who fail to renew their licenses may face penalties and their vehicles may be impounded.

The WORLD

2003

Leaders mark 60th year of WWII's end

MEMPHIS—The 60th anniversary of the end of World War II was marked in Memphis, Tennessee, Tuesday, May 12, with a ceremony at the city's Peabody Hotel. The ceremony was held in the city's Peabody Hotel, which was the site of the 1968 assassination of Dr. Martin Luther King Jr.

May 12, 1945, the day that the Allies announced the unconditional surrender of the Japanese Empire.



MEMPHIS—U.S. President George W. Bush, British Prime Minister Tony Blair, and German Chancellor Gerhard Schröder stand together at a ceremony in Memphis, Tennessee, Tuesday, May 12, 2003, marking the 60th anniversary of the end of World War II.

The ceremony was held in the city's Peabody Hotel, which was the site of the 1968 assassination of Dr. Martin Luther King Jr.

U.S. President George W. Bush, British Prime Minister Tony Blair, and German Chancellor Gerhard Schröder were among the leaders who attended the ceremony. The ceremony was held in the city's Peabody Hotel, which was the site of the 1968 assassination of Dr. Martin Luther King Jr.

The ceremony was held in the city's Peabody Hotel, which was the site of the 1968 assassination of Dr. Martin Luther King Jr.

The ceremony was held in the city's Peabody Hotel, which was the site of the 1968 assassination of Dr. Martin Luther King Jr.



THE WORLD—A young child, likely a soldier's child, holds a rifle and smiles during the 60th anniversary of the end of World War II.

The ceremony was held in the city's Peabody Hotel, which was the site of the 1968 assassination of Dr. Martin Luther King Jr.

The ceremony was held in the city's Peabody Hotel, which was the site of the 1968 assassination of Dr. Martin Luther King Jr.

The ceremony was held in the city's Peabody Hotel, which was the site of the 1968 assassination of Dr. Martin Luther King Jr.

UN agency: N. Korea could have 6 A-bombs

GENEVA—The United Nations Atomic Energy Commission (UNAEC) has said that North Korea could have up to six atomic bombs. The UNAEC, which is part of the International Atomic Energy Agency (IAEA), said that it has found evidence that North Korea has been developing nuclear weapons since 1992.

The UNAEC said that it has found evidence that North Korea has been developing nuclear weapons since 1992. The UNAEC, which is part of the International Atomic Energy Agency (IAEA), said that it has found evidence that North Korea has been developing nuclear weapons since 1992.

The UNAEC said that it has found evidence that North Korea has been developing nuclear weapons since 1992. The UNAEC, which is part of the International Atomic Energy Agency (IAEA), said that it has found evidence that North Korea has been developing nuclear weapons since 1992.

The UNAEC said that it has found evidence that North Korea has been developing nuclear weapons since 1992. The UNAEC, which is part of the International Atomic Energy Agency (IAEA), said that it has found evidence that North Korea has been developing nuclear weapons since 1992.

Voices of the dead, or voices in your head?

By David S. Gelles

WASHINGTON—The voices of the dead are everywhere. They are in the pages of the Bible, in the words of the prophets, in the songs of the poets. They are in the voices of the living, in the words of the wise, in the words of the brave.

The voices of the dead are everywhere. They are in the pages of the Bible, in the words of the prophets, in the songs of the poets. They are in the voices of the living, in the words of the wise, in the words of the brave.

US forces mount offensive against Iraq rebels

WASHINGTON—U.S. forces have launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.



WASH. POST—A photograph of a person's face, showing significant blood and injury, likely a result of the conflict in Iraq.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country. The U.S. military said that it has launched a major offensive against Iraqi rebels in the southern part of the country.

Party mates urge Blair to quit sooner than later



Mr Blair has been urged to quit his job as prime minister by some of his closest advisers.

SO THE PUBLIC MAY KNOW

What	When	Where
Mr Blair's resignation	15 May 2003	10 Downing Street, London

Emergency live updates

HOLYLAND

WORLD WINGS

1. Common sense. CARRY THE BRIDGE LINE AWAY.
 2. People's Mapping Corp.
 3. How Many Miles, and How Many Miles.
- ... and ...

Are You Also Driven To Win?



Long with all eyes to the F... ..



Join our team and get a chance to win money and experience more fun and drama than ever before. For more details, or to join our team, call 1-800-123-4567. Please contact: 1-800-123-4567.



L

KEY WORDS: *Chlamydia trachomatis*; *Neisseria meningitidis*; *Neisseria gonorrhoeae*; *Haemophilus influenzae*; *Streptococcus pneumoniae*



Dependents and regressions

Keywords: *work, work environment, work engagement, work satisfaction, work stress, work-life balance, work-family balance, work-family conflict, work-family interface, work-family issues, work-family research, work-family literature, work-family studies, work-family interventions, work-family programs, work-family policies, work-family practices, work-family research, work-family literature, work-family studies, work-family interventions, work-family programs, work-family policies, work-family practices*



Преимущества

**Twelve to
Fourteen**



An incredibly beautiful place

Baby virus

POLITICAL
TRENT



YOUNG BLOOD

Dangerous

BY LAMAR



The Chinese man

SCIENCE AND
TECHNOLOGY



Inperfect, but still heroes



World's grand fix for blood

Who is going to the top
for news a day of blood

By the way, the
the world is a
the world is a
the world is a

Can you find a
the world is a

By the way, the
the world is a
the world is a

How often we find a
the world is a

By the way, the
the world is a

By the way, the
the world is a

By the way, the
the world is a

By the way, the
the world is a

By the way, the
the world is a



By the way, the
the world is a

By the way, the
the world is a

By the way, the
the world is a

By the way, the
the world is a

By the way, the
the world is a

By the way, the
the world is a

By the way, the
the world is a

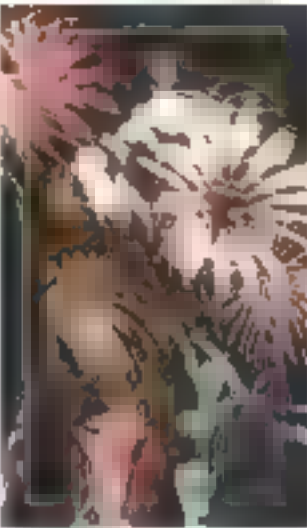
By the way, the
the world is a

By the way, the
the world is a

Return of 'jueteng' awaited in Pampanga

By Kenneth Uy
 (PH)

The return of the 'jueteng' (strongman) is awaited in Pampanga, a province in the north of Luzon, after a long period of absence. The province is known for its rich history and culture, and the return of the 'jueteng' is seen as a sign of progress and development.



A group of people, possibly law enforcement or officials, standing in front of a building.

PNP says running after jueteng lords tough

The Philippine National Police (PNP) has announced that it is running after the 'jueteng' lords, who are known for their control over the gambling industry in the province. The PNP officials stated that the task is tough and requires a lot of resources and manpower.

Vice goes condemn coup plotters, vow to back GMA

Vice President Jejomar Binay has condemned the coup plotters and vowed to back the Government of the Philippines (GMA). He stated that the coup is a betrayal of the people and that he will support the legitimate government.



More than 10 provinces were under lockdown in Pampanga since 2011. The lockdown was imposed to prevent the return of the 'jueteng' lords, who were known for their control over the gambling industry in the province.





At the 21st forum
 Bayan non donors share indigenous views on the state of their community's resources for disaster readiness

1 Fund problems threaten drive vs marijuana

By William Carlos



MANILA, Sept. 29 (AP) — A drive to eradicate marijuana in the Philippines is threatened by a lack of funds to support the campaign, a government official said. The official, who spoke on condition of anonymity, said the government has allocated only a small portion of its budget for the campaign, and that the funds are being used to cover the costs of the campaign's administration. The official said that the government is considering other ways to raise funds for the campaign, but that it is not yet clear what those ways will be.

Poor revenue collection spurs Customs shake-up



Arms sale & SAs main in reb. camp haul

By William Carlos

Negros group seeks relaxed rules on wood processing plants



'World-class' airport station planned in Cebu



Injured whale rescued at mouth of Bohol river



Whale washed ashore
 A dead whale was found washed up on a beach near the mouth of the Bohol river.

By using the *in vitro* model, we have shown that the

... ..



279 is located between the two main peaks of the distribution.

111 72

111 72

METRO

111 72

111 72

111 72

111 72

Handyman eyed in diplomat's slay

By Mylene C. Diaz

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72



111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

Debates on handling metro traffic continue

By Mylene C. Diaz

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

Reward up for leads to couple's killing

By Mylene C. Diaz

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72



111 72



111 72

On your way to lipo clinic? Hold on

By Mylene C. Diaz

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

2 suspects, cop die in NLEX rob

By Mylene C. Diaz

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

Way to heck fueling

By Mylene C. Diaz

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

111 72

Gold rush in Marawi, Davao Oriental



111 72

111 72

111 72

111 72

111 72

111 72



111 72

111 72

111 72

111 72



111 72

111 72

111 72

111 72



111 72

111 72

111 72

111 72

How audiences are assaulted by broadcasters

By [illegible]

Viewpoint



[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

Appleville House Based on the Terrifying True Story



[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

Movietime

[Illegible text block]

Arrow? THERE YOU!

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

[Illegible text block]

BAP defies Peking on nat'l five

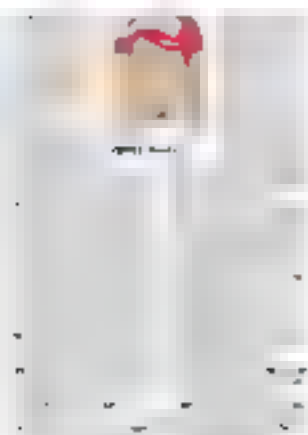
By Thomas B. Connolly

[illegible]

*File this about
true (RP) colors*

4. *Journal of Management Education*

In-form Jones snaps Mikola's Asian F3 streak



TWO-Shell grabs lead in Adventure Race

By James H. Page



Brilliant Jewels, Paint Masters eye crucial wins

PALARONG PAMBANSA

NCR show of might

By Max A. Arce

Team	Score	Points
NCR	100	100
Region 1	90	90
Region 2	80	80
Region 3	70	70
Region 4	60	60
Region 5	50	50
Region 6	40	40
Region 7	30	30
Region 8	20	20
Region 9	10	10

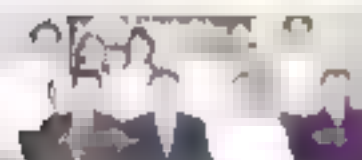
Sydney Kings hold off RP Team A

By Sam Harris



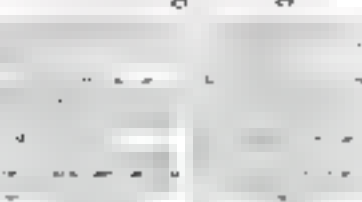
Team	Score	Points
Sydney Kings	100	100
RP Team A	90	90
RP Team B	80	80
RP Team C	70	70
RP Team D	60	60
RP Team E	50	50
RP Team F	40	40
RP Team G	30	30
RP Team H	20	20
RP Team I	10	10

RAP defies Peptug



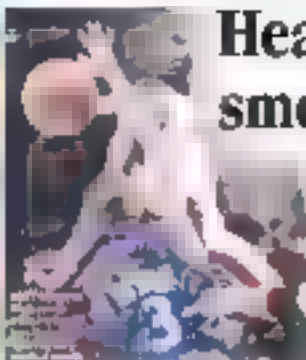
Four new venues tapped for Samsung Tour golf

Four new venues tapped for Samsung Tour golf



Unpredictable





Heat torch Wizards; Spurs smother Sonics in playoffs

CAUTION: Wizards with power
Drew up the playoffs, the
Heat will be the team to
watch. The Heat will be the
team to watch. The Heat will
be the team to watch.

Wizards, Spurs lead playoffs
The Wizards and the Spurs
are the top teams in the
playoffs. The Wizards are
the top team in the Eastern
Conference, and the Spurs
are the top team in the Western
Conference.

Singh outlasts Garcia, Furyk for title



Kerr stops Sorenstam

Magnolia five rps Singapore

Nadal prevails

May 14, Saturday, 8pm - 11pm
Auckland Entertainment Complex
 Tickets \$100 (incl. GST, incl. 100% incl. GST)
 Free to all Auckland School Children
 Organized by: Auckland Music
 Call 094 2244 for details

The 4.000th
100th

Keywords:



Canon SOURCE

Hot
100

File type: application
 of [application](#) (17-05-
 2011) 11: 11:11
 11:11 11:11 11:11 11:11 11:11
 11:11 11:11 11:11 11:11 11:11
 11:11 11:11 11:11 11:11 11:11

2 The rates are

Share* end 1 % higher

Page 4843 to suction up to #7 & Housing Bonds

[illegible]

© 2000 Blackwell Science Ltd, *Journal of Internal Medicine* 247: 105–112

2025-10-10
 10:00 AM - 11:00 AM
 10:00 AM - 11:00 AM

B. Summary

Author's address: Department of Computer Science,
University of Illinois at Chicago, Chicago, IL 60607-7159,
USA.
E-mail: shankar@cs.uic.edu

1. 2000 20. 02

LEADERSHIP JOURNAL


1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

100-100000

RP exporters see difficult times ahead

By David M.
Cummings

WIPAC - 96 - 001
 DATE: 01/01/96
 TIME: 10:00
 FROM: WIPAC
 TO: WIPAC
 SUBJECT: WIPAC
 WIPAC - 96 - 001

 PSE Inc.
U.S. Dollar

From an index of 3.85%

Percentage of Total Energy Demand	0-4 years (Percentage of Total Energy Consumption)	0-10 years (Percentage of Total Energy Consumption)	0-20 years (Percentage of Total Energy Consumption)
0%	0%	0%	0%
10%	~85%	~10%	~10%
20%	~95%	~20%	~20%
30%	~98%	~30%	~30%
40%	~99%	~40%	~40%
50%	~100%	~50%	~50%
60%	~100%	~60%	~60%
70%	~100%	~70%	~70%
80%	~100%	~80%	~80%
90%	~100%	~90%	~90%
100%	~100%	~100%	~100%

NOKIA

The News Notice 6680
 "Take the money
 and run" for every story

Submitted: 12/15/2004
 Accepted: 1/10/2005
 Published: 2/1/2005

By: J. Harris, P. Harris



5.6. 2D-MS/MS

[illegible]

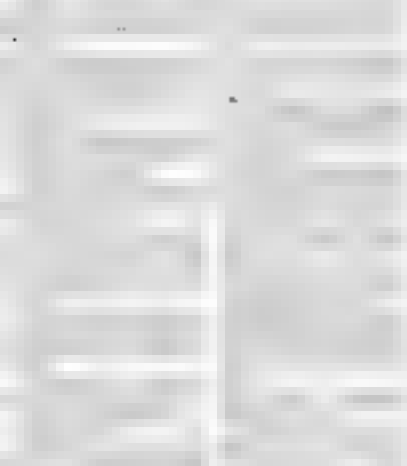
	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100
1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	

[illegible]

PDIC fund seen to hit P90B in 7-8 years

By Rose C. Rosales

PHIL



Mr. Bearbull



Good resources instantly

www.makemoneyonline.com

JOB



Philippine National Bank

EDITOR OF SPECIAL INVESTMENT SECTION

Symbol	Company	Price	Change	Volume	Market Cap	P/E Ratio	Dividend Yield	52-Week High	52-Week Low
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50
PNB	Philippine National Bank	10.50	+0.25	1,200,000	P10.50B	15.00	2.50%	11.00	9.50

PHILIPPINE NATIONAL BANK

LINKSYS

Go Mobile, Experience the Linksys Wireless Products On Sale

Linksys Wireless Products On Sale
Save Up To 50% Off on Select Models
From 11/11 to 11/14/08

Compact Size! Big Wireless Performance!

Travel & Work
Travel & Work



Linksys Wireless Products On Sale



BUSINESS

RP taps international bond market anew to raise \$750M

By Marlene S. Syon

The international bond market is being tapped by the Philippines to raise \$750 million in the next 12 to 18 months, the government has announced.

The move is the latest step in the government's effort to diversify its sources of funds and to reduce its dependence on the local market.

The government is also looking to improve its credit rating and to attract foreign investment.

Aboutiz holding firm posts 42% profit rise

By Marlene S. Syon

ABOUTIZ HOLDING FIRM, a major player in the Philippine real estate market, has reported a 42% increase in its profit for the first quarter of 2004.

The company's profit rose to P1.1 billion from P780 million in the same period last year, according to its financial statement.

Chief Executive Officer (CEO) aboutiz, Inc. President, Mr. aboutiz said that the company's profit increase was due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's real estate division reported a 42% increase in profit, while its other divisions reported a 10% increase.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

aboutiz, Inc. President, Mr. aboutiz said that the company's profit increase was due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's real estate division reported a 42% increase in profit, while its other divisions reported a 10% increase.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

aboutiz, Inc. President, Mr. aboutiz said that the company's profit increase was due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's real estate division reported a 42% increase in profit, while its other divisions reported a 10% increase.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.



NEWLY LAUNCHED SUVs are more secure, superior for commuters.

SUV sales seen growing

By Marlene S. Syon

NEWLY LAUNCHED SUVs, such as the Toyota RAV4, are expected to drive growth in the SUV segment, according to industry analysts.

The analysts predict that SUV sales will grow by 10% to 15% in 2004, compared to 5% to 10% in 2003.

The growth is expected to be driven by the increasing demand for SUVs among commuters and business travelers.

The analysts also predict that SUV sales will continue to grow in the coming years.

aboutiz, Inc. President, Mr. aboutiz said that the company's profit increase was due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's real estate division reported a 42% increase in profit, while its other divisions reported a 10% increase.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

The company's profit increase was also due to the strong performance of its real estate division, which reported a 42% increase in profit.

PERFORMANCE.

Over the years, ALFM has continuously improved its performance, providing excellent service to its customers.

Material ROI (net p. a.)

2000	8.88%
2001	10.08%
2002	7.51%
2003	7.88%
2004	7.50%

ALFM is a leading provider of financial services, offering a wide range of products and services to its customers.

ALFM is committed to providing excellent service to its customers, and to continuously improving its performance.

ALFM is a leading provider of financial services, offering a wide range of products and services to its customers.

ALFM is committed to providing excellent service to its customers, and to continuously improving its performance.



ALFM

The National Financial Services

LIFE STYLE

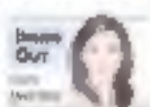
PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER



Vacation should be more than fun

When you're on vacation, it's not just about having fun. It's also about taking care of yourself. That means getting enough rest, eating healthy food, and staying hydrated. You should also take time to relax and enjoy the scenery. Don't forget to take some photos to remember the trip.



PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

PHILIPPINE DAILY INQUIRER

A wellness destination must offer one of 10 programs—relaxation, exercise and rejuvenation.



DIGITAL IXUS

Canon

BEAUTY AND STRENGTH IN ONE

It says and looks like you're a star. The Digital IXUS is your star.

PHILIPPINE DAILY INQUIRER

STAR WARS

THE FORCE

CANON

EXERCISE OF THE WEEK *Incline oblique crunch* *on stability ball*



By: JENNIFER L. HARRIS
The incline oblique crunch is a great exercise for the core muscles, especially the obliques. It's a great way to strengthen your core and improve your posture. To perform this exercise, lie on your back with your knees bent and feet flat on the floor. Lift your hips and shoulders off the ground, forming a bridge shape. Then, crunch your upper body towards your knees, keeping your lower back on the floor. Repeat for 10-15 reps.

Why losing weight is harder for women

By: JENNIFER L. HARRIS
Losing weight is harder for women than for men, and there are several reasons why. One major factor is the difference in body composition between the sexes. Women have a higher percentage of body fat than men, which makes it more difficult to lose weight.

Another reason is the hormonal differences between men and women. Estrogen, the primary female sex hormone, can lead to an increase in body fat, particularly in the abdominal area. This makes it more difficult for women to lose weight in that area.

Finally, women tend to have a slower metabolism than men, which means they burn fewer calories at rest. This also makes it more difficult for women to lose weight.

Despite these challenges, it is still possible for women to lose weight. The key is to be consistent with your diet and exercise routine. Eating a healthy diet and getting regular exercise can help you achieve your weight loss goals.

It's important to remember that losing weight is a process, not a quick fix. It takes time and effort, but it's worth it for the health and confidence it can bring.

For more information on weight loss and healthy living, visit our website at www.healthyliving.com.

We hope this article has been helpful to you. Thank you for reading!

Stay healthy and happy!

© 2010 Healthyliving.com



Why losing weight is harder for women

By: JENNIFER L. HARRIS

Losing weight is harder for women than for men, and there are several reasons why.

One major factor is the difference in body composition between the sexes.

Women have a higher percentage of body fat than men, which makes it more difficult to lose weight.

Another reason is the hormonal differences between men and women.

Estrogen, the primary female sex hormone, can lead to an increase in body fat.

Finally, women tend to have a slower metabolism than men, which means they burn fewer calories at rest.

Despite these challenges, it is still possible for women to lose weight.

The key is to be consistent with your diet and exercise routine.

Eating a healthy diet and getting regular exercise can help you achieve your weight loss goals.

It's important to remember that losing weight is a process, not a quick fix.

It takes time and effort, but it's worth it for the health and confidence it can bring.

For more information on weight loss and healthy living, visit our website at www.healthyliving.com.

We hope this article has been helpful to you. Thank you for reading!

Stay healthy and happy!

© 2010 Healthyliving.com

One of the main reasons why it's harder for women to lose weight is the difference in body composition between the sexes.

Women have a higher percentage of body fat than men, which makes it more difficult to lose weight.

Another reason is the hormonal differences between men and women.

Estrogen, the primary female sex hormone, can lead to an increase in body fat.

Finally, women tend to have a slower metabolism than men, which means they burn fewer calories at rest.

Despite these challenges, it is still possible for women to lose weight.

The key is to be consistent with your diet and exercise routine.

Eating a healthy diet and getting regular exercise can help you achieve your weight loss goals.

It's important to remember that losing weight is a process, not a quick fix.

It takes time and effort, but it's worth it for the health and confidence it can bring.

For more information on weight loss and healthy living, visit our website at www.healthyliving.com.

We hope this article has been helpful to you. Thank you for reading!

Stay healthy and happy!

© 2010 Healthyliving.com

One of the main reasons why it's harder for women to lose weight is the difference in body composition between the sexes.

Women have a higher percentage of body fat than men, which makes it more difficult to lose weight.

Another reason is the hormonal differences between men and women.

Estrogen, the primary female sex hormone, can lead to an increase in body fat.

Finally, women tend to have a slower metabolism than men, which means they burn fewer calories at rest.

Despite these challenges, it is still possible for women to lose weight.

The key is to be consistent with your diet and exercise routine.

Eating a healthy diet and getting regular exercise can help you achieve your weight loss goals.

It's important to remember that losing weight is a process, not a quick fix.

It takes time and effort, but it's worth it for the health and confidence it can bring.

For more information on weight loss and healthy living, visit our website at www.healthyliving.com.

We hope this article has been helpful to you. Thank you for reading!

Stay healthy and happy!

© 2010 Healthyliving.com

Miriam offers capoeira

Capoeira is a unique blend of dance, acrobatics, and martial arts. It was created by African slaves in Brazil as a way to keep their culture alive while hiding their true intentions from their oppressors. Today, it is a popular sport and a form of self-defense. Miriam, a capoeira instructor, offers classes for all ages and skill levels. She teaches the basic movements and techniques of capoeira, as well as the history and culture of the art. Her classes are fun and engaging, and she encourages her students to practice regularly to improve their skills.



Magazine for men launched

A new magazine for men, 'Men's Health', has been launched. The magazine focuses on fitness, health, and lifestyle for men. It features articles, recipes, and workout routines that are tailored to men's needs. The magazine is available in print and digital formats. It is a great resource for men who want to improve their health and fitness. The magazine is published monthly and is available at newsstands and online. It is a must-read for any man who is interested in staying healthy and fit.

Conference for women in need of healing

A conference for women in need of healing is being held. The conference is a two-day event that focuses on the physical, emotional, and spiritual healing of women. It features workshops, seminars, and guest speakers who share their experiences and insights. The conference is a safe space for women to explore their issues and find support. It is a great opportunity for women to connect with others who are on a similar journey. The conference is held in a beautiful location and includes meals and accommodations. It is a once-in-a-lifetime experience that is not to be missed.

Clinic marks anniversary with freebies, discounts

A clinic is celebrating its anniversary with a series of freebies and discounts. The clinic offers a variety of services, including medical, dental, and physical therapy. To celebrate its anniversary, the clinic is offering a special promotion where patients can receive a free consultation and a discount on their first procedure. This is a great opportunity for patients to experience the clinic's services and see the difference for themselves. The clinic is a well-known and respected facility in the community, and this promotion is a way to show appreciation to its patients. The promotion is available for a limited time, so patients should act quickly to take advantage of it.

BLOOD CLOT

It's the

Killer STROKE & HEART ATTACK

TUNAWAN AND BARAI

THE ONLY COMPREHENSIVE BLOOD CLOT OUTLINES

- HYPERTENSION
- HIGH BLOOD PRESSURE
- CHOLESTEROL
- DIABETES
- OBESITY
- LIVER DISEASE
- KIDNEY DISEASE
- BLOOD CLOTS
- STROKE
- HEART ATTACK
- BLOOD CLOT OUTLINES

THE ONLY COMPREHENSIVE BLOOD CLOT OUTLINES